

## **Valeways “Prescribes” a Guided Walk in Good Company**

GPs are going to be encouraged to refer people for activities including dancing, cooking and walking groups. GPs will be able to refer people to these, and other, social activities Theresa May has announced. Instead of prescribing pills and medicine, doctors will be encouraged to use "social prescribing". In this way, Mrs May believes there will be reduced demand on the NHS and an improvement in people's quality of life.

The good news is that there is no need to have a prescription from your GP to join the Valeways Living with Cancer Strollers. If you would like a sociable short stroll, in lovely surroundings with an amicable group of people then just turn up at the Cosmeston Country Park information centre on the first Thursday of every month at 10:30.

November's walk circumnavigated the perimeter of the park and we all appreciated the Autumn leaves which were bathed in sunshine.

December's walk will have a Christmas theme and Santa hats are an essential item of clothing, alongside the walking boots of course!! I hope you can join us.

Lynne Frugniet  
Valeways Walk Leader